

# Seventy ways to rise to the challenge

Stuck for ways to raise cash for Sport Relief 2008? Never fear! Here are loads of challenges that will guarantee you fundraising success without too much hard work - just take your pick. Remember to get sponsored, or ask friends, family and colleagues to pay to take part in any of the following activities...

## Mile Challenge

- Make your sport part of your Mile – wear your sports kit, run in a scrum or carry a fully packed rucksack around the route to really test yourself
- Run, walk, hop or skip your Mile dressed as your favourite sports star
- Time challenge – race against your mates to see who's got what it takes
- Pull together the biggest team you can and do the Mile conga style!
- Hold a pasta party to get your carbohydrate load before doing your Mile on Sunday 16th March

## Group Challenge

- Go old-school – hold an old-fashioned sports day, complete with the egg-and-spoon, 3-legged and sack races
- Team up and tackle a gruelling obstacle course
- Hold a sport-themed Apprentice challenge – whoever raises the least amount of cash gets fired or has to do a forfeit!
- Do a Top Gear type 'best time' challenge at a go-karting track
- Wacky races – have a race or get sponsored to go a really long way on bikes, skateboards or rollerblades

## At School Challenge

- Non-uniform day – ditch the boring school shirt and swap it for your favourite footie team's strip instead
- Set up a class v class five-a-side football, hockey or netball competition
- Get your brain in gear and organise the Student Sport Relief Quiz
- Do a Sport Relief Mile at school – make it a three legged race, students v staff or parents v kids for added fun
- Can you kick it? Find out with a teachers v pupils penalty shoot out

## At Work Challenge

- Sport themed dress down day – dress as your favourite sports star and award a prize for the best dressed
- Lift toll – fine anyone that uses the lift at work without good cause!
- Vote for a senior staff member to take part in a sporting challenge – it could be a penalty shoot out, arm wrestling or even a skydive
- Hold your own mile event – hop, skip, run, or relay your way to the finish line
- Whatever your challenge, boost your fundraising – and your energy levels – with an accompanying bake sale



## Solo Challenge

- Beat a target – get sponsored to do loads of keepy uppies, volleys or baskets
- Dog walking – charge family, neighbours and friends for your services
- Walk or cycle everywhere or pay the price – put 50p in the fundraising pot whenever you use the car
- Get sponsored to take up a personal challenge – cycle to Paris, climb Ben Nevis or do a bungee jump
- Pamper people with a massage or foot rub after their strenuous sporting activity & charge a fee!

## Sports Club Challenge

- Make your own marathon – get sponsored to do your favourite sport for as long as you possibly can
- Challenge other clubs to a fundraising match
- Hold a tournament, charge to enter and sell refreshments to make extra dosh
- Organise a sporting dinner and include a raffle to see the cash roll in
- Auction off your club's hottest property – the star players! Get a one on one coaching session or make them wash your team's match kit!

## University Challenge

- Flex your muscles with a halls v halls tug of war
- Varsity match – hold inter-university or inter-mural matches
- Auction off the captains of various sports teams to do whatever the lucky bidder wants – within reason!
- Hold a Gladiators-style contest – test your strength, speed and stamina against your comrades!
- Swap sports – sponsor the captain of the rugby team to trade places with the captain of the netball team for a match

## Pub Challenge

- Watch a big match with your mates and hold a sweepstake on the first player to score, get a yellow card or get sent to the sin bin
- Pub games tournament – pay to play pool, darts, dominoes or cards
- Test your sporting knowledge – download our sports quiz and charge to play
- Guess the number of golf tees in a pint glass
- See who's Mr or Mrs Muscle – hold an arm wrestling competition

## Water Challenge

- Sponsored swim – go further than you've ever swum before, aim for a personal best or challenge yourself to learn synchronised swimming
- Dive right in and see who can collect the most objects from the bottom of the pool in the fastest time
- Do a sponsored scuba dive
- See how fast you can go with a yacht, white water rafting or dragon boat race



## Great Outdoors Challenge

- Get lost – or preferably not – with an orienteering treasure hunt
- Go wild – do a cross country bike race or run
- Be a high climber and go mountaineering or rock climbing – team up and compete to be the first to the top
- Try something different with an archery or clay pigeon shooting competition
- For a more colourful challenge try paintballing with friends

## Kids challenge

- Swim-a-thon – challenge yourself to swim a mile in one week
- Sporting Statues – the music stops and so should you! Who can stay still for the longest in their sporting pose?
- Footie fanatics – use your footie skills to raise some cash with a five-a-side game or penalty shoot out
- Get Crazy with Golf – make and use your own crazy golf course using old toilet rolls and boxes and challenge your mates to complete it
- Giant hoola – using a hula hoop, make your own game of hoola and try and get your hoop over a selection of things (e.g. boxes, cushions, teddies etc)

## Party Challenge

- Hold a sports ball complete with disco or ballroom dance competitions
- Pool party – compete at water polo, water volleyball or a good old fashioned swimming race
- Organise a bowling and beer party
- Hold a sports stars tribute party - the best dressed wins a prize
- Get all your mates to pay a few quid extra to go to a roller disco or ice skating

## Gym Challenge

- Do aerobics, spinning, circuits, boxercise, yoga or pilates for 24hours straight
- Organise a mile event in your gym – get everyone to run, pedal or row 1,3 or 6 miles and compete against fellow gym goers
- Organise a raffle to win a personal trainer for a week or month
- Have a gym session dressed as your favourite sports star
- Get the staff to set themselves a sporty challenge - whoever raises the least amount of money does a forfeit

## Armchair Challenge

- Challenge your friends and family to a fantasy football or rugby competition
- Watch a big match and sell tickets to the best seats in town – in your very own front room! Sell refreshments to make extra cash
- Games night – use the interactive sports games on your multiplayer console at home or compete at Twister!
- Red Card your mates for foul language during a big match – get them to donate to the Sport Relief swearing pot each time they let a bad word slip
- Hold a sport themed movie marathon – dust off some old classics (Happy Gilmore, Chariots of Fire – the possibilities are almost endless!) invite everyone round and charge your mates for popcorn

